

# Cereal Nutrition Data: Farm to Market Grocers

Nutritional information for 1 serving. Abbreviations: Cal–Calories;  
Carbs–Carbohydrates

Cereal Name	Cal	Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Branful Squares	160	1	37	6	0	5
Cinna Burst Crunch	190	4	34	9	10	10
Cinnamon Branana	227	3	48	7	13	6
Crispy Rice and Corn	100	0	20	0	2	1
Crunchy Rice Squares	103	0	23	0	2	2
Fiber Crisp	114	1	25	4	7	5
Granola Crunchies	200	3	36	8	13	9
Granola with Raisins	230	3	49	3	18	4
Honey Oats Aplenty	118	1	25	2	7	1
Instant Farina	131	1	28	1	0	5
Morning Munch	200	1	48	7	4	6
Oatmeal	150	3	27	4	1	5
Puffy Rice Crisps	130	0	30	0	4	2
Raisin Flakies	180	2	44	5	17	4
Rice Ripples	54	0	12	0	0	1
Super Bran	60	1	25	14	0	3

<b>Cereal Name</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Toasty Rings	100	2	20	3	1	3
Wheat Advantage	190	1	45	8	0	7
Wheat Pillow Crunch	55	0	11	1	0	3
Wheat Whistles	100	1	22	3	4	3